

## **Menu: Childcare Week 3 - 23.6.25 - 27.6.25**

Monday - 23/06/2025

## Organic Milk, Grapes & Rockmelon (Morning Tea)

Serving Size: 170 g



### Ingredients

Full Cream **Milk**, Rockmelon, Grapes.

### Allergy Information

Contains Milk.:

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	11.7 g
Dairy Free:	No	Sugar:	11.7 g
Lactose Free:	No	Sodium:	43 mg
Soy Free:	Yes	Fat (total):	4.2 g
Egg Free:	Yes	Fat (Sat):	2.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	6.9 g
Fish Free:	Yes	Sugar (per 100g)	6.9 g
Red Meat Free:	Yes	Sodium (per 100g):	25 mg
Tomato Free:	Yes	Fat (total, per 100g):	2.5 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.6 g
Energy:	431 kJ (103 Cal)	Energy (per 100g):	253 kJ (61 Cal)
Protein:	3.9 g	Protein (per 100g):	2.3 g

Monday - 23/06/2025

## LF Milk, Grapes & Rockmelon (Morning Tea) [Allergy]

Serving Size: 170 g



### Ingredients

Lactose Free **Milk** (Full Cream **Milk**, Enzyme (Lactase)), Rockmelon, Grapes.

### Allergy Information

Contains Milk.:

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	11.5 g
Dairy Free:	No	Sugar:	11.3 g
Lactose Free:	Yes	Sodium:	44 mg
Soy Free:	Yes	Fat (total):	2.4 g
Egg Free:	Yes	Fat (Sat):	1.6 g
Vegetarian:	Yes	Carbohydrates (per 100g):	6.8 g
Fish Free:	Yes	Sugar (per 100g)	6.7 g
Red Meat Free:	Yes	Sodium (per 100g):	26 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.4 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.9 g
Energy:	356 kJ (85 Cal)	Energy (per 100g):	209 kJ (50 Cal)
Protein:	3.6 g	Protein (per 100g):	2.1 g

Monday - 23/06/2025

## Organic Rice Milk, Grapes & Rockmelon (Morning Tea) [Allergy]

Serving Size: 170 g



### Ingredients

Rice Milk (Filtered Water, Rice Flour (10%), Canola Oil, Mineral Salts (Calcium Phosphate, Potassium Carbonate, Calcium Chloride), Sea Salt.), Rockmelon, Grapes.

### Allergy Information

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	16.0 g
Dairy Free:	Yes	Sugar:	10.2 g
Lactose Free:	Yes	Sodium:	70 mg
Soy Free:	Yes	Fat (total):	1.4 g
Egg Free:	Yes	Fat (Sat):	0.1 g
Vegetarian:	Yes	Carbohydrates (per 100g):	9.4 g
Fish Free:	Yes	Sugar (per 100g)	6.0 g
Red Meat Free:	Yes	Sodium (per 100g):	41 mg
Tomato Free:	Yes	Fat (total, per 100g):	0.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	less than 0.1 g
Energy:	352 kJ (84 Cal)	Energy (per 100g):	207 kJ (49 Cal)
Protein:	1.2 g	Protein (per 100g):	0.7 g

Monday - 23/06/2025

## Organic Soy Milk, Grapes & Rockmelon (Morning Tea) [Allergy]

Serving Size: 170 g



### Ingredients

**Soy** Milk (Filtered Water, Organic Whole **Soy** Beans, Organic High Oleic Sunflower Oil, Plant Calcium, Sea Salt), Rockmelon, Grapes.

### Allergy Information

Contains Soy.:

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	8.2 g
Dairy Free:	Yes	Sugar:	7.5 g
Lactose Free:	Yes	Sodium:	21 mg
Soy Free:	No	Fat (total):	3.5 g
Egg Free:	Yes	Fat (Sat):	0.4 g
Vegetarian:	Yes	Carbohydrates (per 100g):	4.8 g
Fish Free:	Yes	Sugar (per 100g)	4.4 g
Red Meat Free:	Yes	Sodium (per 100g):	13 mg
Tomato Free:	Yes	Fat (total, per 100g):	2.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.2 g
Energy:	333 kJ (80 Cal)	Energy (per 100g):	196 kJ (47 Cal)
Protein:	3.4 g	Protein (per 100g):	2.0 g

Monday - 23/06/2025

## Spaghetti Bolognese w/ Cheddar Cheese (Lunch)

Serving Size: 220 g



### Ingredients

Beef Mince, Tomato Crushed (Peeled Crushed Tomatoes (99%), Salt, Food Acid (330)), Water, Spaghetti (**Wheat**), Cheddar Cheese (Pasteurised **Milk**, Salt, Starter Cultures, Non Animal Rennet), Onion, Tomato Paste (Citric Acid), Carrot, Celery, Mushroom, Zucchini, Potato Starch, Balsamic Vinegar (Red Wine Vinegar, Concentrated Grape Must, Caramelised Sugar), Olive Oil, Minced Garlic, Italian Mixed Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil), White Pepper.

### Allergy Information

Contains Gluten, Wheat, Milk.:May Contain Egg.

### Nutrition Info

Gluten Free:	No	Carbohydrates:	31.0 g
Dairy Free:	No	Sugar:	4.6 g
Lactose Free:	No	Sodium:	198 mg
Soy Free:	Yes	Fat (total):	13.2 g
Egg Free:	Yes	Fat (Sat):	6.6 g
Vegetarian:	No	Carbohydrates (per 100g):	14.1 g
Fish Free:	Yes	Sugar (per 100g)	2.1 g
Red Meat Free:	No	Sodium (per 100g):	90 mg
Tomato Free:	No	Fat (total, per 100g):	6.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	3.0 g
Energy:	1380 kJ (330 Cal)	Energy (per 100g):	627 kJ (150 Cal)
Protein:	20.8 g	Protein (per 100g):	9.4 g

Monday - 23/06/2025

## Spaghetti Bolognese (No Cheese) (Lunch) [Allergy]

Serving Size: 200 g



### Ingredients

Beef Mince, Tomato Crushed (Peeled Crushed Tomatoes (99%), Salt, Food Acid (330)), Water, Spaghetti (**Wheat**), Onion, Tomato Paste (Citric Acid), Carrot, Celery, Mushroom, Zucchini, Potato Starch, Balsamic Vinegar (Red Wine Vinegar, Concentrated Grape Must, Caramelised Sugar), Olive Oil, Minced Garlic, Italian Mixed Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil), White Pepper.

### Allergy Information

Contains Gluten, Wheat.:May Contain Egg.

### Nutrition Info

Gluten Free:	No	Carbohydrates:	30.9 g
Dairy Free:	Yes	Sugar:	4.6 g
Lactose Free:	Yes	Sodium:	68 mg
Soy Free:	Yes	Fat (total):	6.2 g
Egg Free:	Yes	Fat (Sat):	2.0 g
Vegetarian:	No	Carbohydrates (per 100g):	15.5 g
Fish Free:	Yes	Sugar (per 100g)	2.3 g
Red Meat Free:	No	Sodium (per 100g):	34 mg
Tomato Free:	No	Fat (total, per 100g):	3.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.0 g
Energy:	1030 kJ (247 Cal)	Energy (per 100g):	516 kJ (123 Cal)
Protein:	15.8 g	Protein (per 100g):	7.9 g

Monday - 23/06/2025

## Tomato & Vegetable Spaghetti (AI) (Lunch) [Allergy]

Serving Size: 200 g



### Ingredients

Water, Tomato Passata (Tomato (99%), Citric Acid), Spaghetti (**Wheat**), Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Bay Leaves, Parsley, Peppercorns, Thyme), Onion, Capsicum, Carrot, Zucchini, Cannellini Beans, Celery, Olive Oil, Potato Starch, Tomato Paste (Citric Acid), Minced Garlic, Italian Mixed Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil).

### Allergy Information

Contains Gluten, Wheat.:May Contain Egg.

### Nutrition Info

Gluten Free:	No	Carbohydrates:	34.1 g
Dairy Free:	Yes	Sugar:	7.2 g
Lactose Free:	Yes	Sodium:	61 mg
Soy Free:	Yes	Fat (total):	3.2 g
Egg Free:	Yes	Fat (Sat):	0.6 g
Vegetarian:	Yes	Carbohydrates (per 100g):	17.0 g
Fish Free:	Yes	Sugar (per 100g)	3.6 g
Red Meat Free:	Yes	Sodium (per 100g):	30 mg
Tomato Free:	No	Fat (total, per 100g):	1.6 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.3 g
Energy:	809 kJ (193 Cal)	Energy (per 100g):	404 kJ (97 Cal)
Protein:	6.0 g	Protein (per 100g):	3.0 g



Monday - 23/06/2025

## GF & DF Spaghetti Bolognese (AI) (Lunch) [Allergy]

Serving Size: 200 g



### Ingredients

Tomato Passata (Tomato (99%), Citric Acid), Organic Gluten Free Spaghetti (Organic Corn, Organic Rice), Water, Beef Mince, Onion, Carrot, Celery, Mushroom, Tomato Paste (Citric Acid), Zucchini, Balsamic Vinegar (Red Wine Vinegar, Concentrated Grape Must, Caramelised Sugar), Maize Cornflour (Gluten Free), Minced Garlic, Olive Oil, Mixed Herbs (Rosemary, Oregano, Bay Leaves), White Pepper.

### Allergy Information

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	36.2 g
Dairy Free:	Yes	Sugar:	3.8 g
Lactose Free:	Yes	Sodium:	55 mg
Soy Free:	Yes	Fat (total):	4.0 g
Egg Free:	Yes	Fat (Sat):	1.3 g
Vegetarian:	No	Carbohydrates (per 100g):	18.1 g
Fish Free:	Yes	Sugar (per 100g)	1.9 g
Red Meat Free:	No	Sodium (per 100g):	28 mg
Tomato Free:	No	Fat (total, per 100g):	2.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.6 g
Energy:	958 kJ (229 Cal)	Energy (per 100g):	479 kJ (115 Cal)
Protein:	10.4 g	Protein (per 100g):	5.2 g

Monday - 23/06/2025

## GF & DF Vegetable Spaghetti (AI) (Lunch) [Allergy]

Serving Size: 200 g



### Ingredients

Organic Gluten Free Spaghetti (Organic Corn, Organic Rice), Water, Tomato Passata (Tomato (99%), Citric Acid), Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Bay Leaves, Parsley, Peppercorns, Thyme), Onion, Capsicum, Carrot, Zucchini, Cannellini Beans, Celery, Olive Oil, Potato Starch, Tomato Paste (Citric Acid), Minced Garlic, Italian Mixed Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil).

### Allergy Information

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	39.1 g
Dairy Free:	Yes	Sugar:	6.5 g
Lactose Free:	Yes	Sodium:	50 mg
Soy Free:	Yes	Fat (total):	3.1 g
Egg Free:	Yes	Fat (Sat):	0.6 g
Vegetarian:	Yes	Carbohydrates (per 100g):	19.5 g
Fish Free:	Yes	Sugar (per 100g)	3.3 g
Red Meat Free:	Yes	Sodium (per 100g):	25 mg
Tomato Free:	No	Fat (total, per 100g):	1.5 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.3 g
Energy:	869 kJ (208 Cal)	Energy (per 100g):	435 kJ (104 Cal)
Protein:	4.2 g	Protein (per 100g):	2.1 g

## Wholemeal Garlic Bread w/ Orange Wedges (Afternoon Tea)

Serving Size: 93 g



### Ingredients

Orange, Garlic Filled Rolls (Unbleached Wholemeal **Wheat** Flour (48%), Water, Vegetable Oils, Garlic (3%), Baker's™ Yeast, **Wheat** Gluten, Vinegar, **Soy** Flour, Iodised Salt, Emulsifiers (481, 471, 472(E), **Soy** Lecithin), Sugar, Skim **Milk** Powder, Flavours, Acidity Regulator (330), Colour (160a), Vitamins (Thiamin, Folic Acid)).

### Allergy Information

Contains Gluten, Wheat, Milk, Soy.:May Contain Egg, Sesame.

### Nutrition Info

Gluten Free:	No	Carbohydrates:	18.0 g
Dairy Free:	No	Sugar:	4.5 g
Lactose Free:	No	Sodium:	166 mg
Soy Free:	No	Fat (total):	6.3 g
Egg Free:	Yes	Fat (Sat):	2.2 g
Vegetarian:	Yes	Carbohydrates (per 100g):	19.4 g
Fish Free:	Yes	Sugar (per 100g)	4.8 g
Red Meat Free:	Yes	Sodium (per 100g):	179 mg
Tomato Free:	Yes	Fat (total, per 100g):	6.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.4 g
Energy:	625 kJ (149 Cal)	Energy (per 100g):	672 kJ (161 Cal)
Protein:	3.6 g	Protein (per 100g):	3.9 g

Monday - 23/06/2025

## GF & DF Garlic Bread w/ Orange Wedges (AI) (Afternoon Tea) [Allergy]

Serving Size: 100 g



### Ingredients

Gluten Free Hot Dog Roll (Gluten Free Baking Blend (Corn Starch, Tapioca Starch, Cellulose Powder, Xanthan Gum, Potato Starch, Brown Sugar, Psyllium Husk, Baking Powder, Iodised Sea Salt, Buckwheat Flour, Flaxseed Flour, Spirulina), Vegetable Oil, Vinegar, Yeast.), Orange, Plant Based Cheese (Water, Coconut Oil (29%), Modified Starch (1450, 1442, 1404), Potato Starch, Flavourings, Salt, Bamboo Fibre, Acid (270), Fructose, Gelling Agent (406), Colour (160a).), Cannellini Beans, Nuttelex, Olive Oil (Vegetable Oils (Olive Oil 14%), Water, Salt, Emulsifiers (471, Sunflower Lecithin), Natural Flavour, Vitamins A, D, E, Natural Colour (Beta Carotene).), Minced Garlic, Parsley.

### Allergy Information

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	24.9 g
Dairy Free:	Yes	Sugar:	6.2 g
Lactose Free:	Yes	Sodium:	266 mg
Soy Free:	Yes	Fat (total):	8.1 g
Egg Free:	Yes	Fat (Sat):	3.4 g
Vegetarian:	Yes	Carbohydrates (per 100g):	24.9 g
Fish Free:	Yes	Sugar (per 100g)	6.2 g
Red Meat Free:	Yes	Sodium (per 100g):	266 mg
Tomato Free:	Yes	Fat (total, per 100g):	8.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	3.4 g
Energy:	773 kJ (185 Cal)	Energy (per 100g):	773 kJ (185 Cal)
Protein:	1.3 g	Protein (per 100g):	1.3 g

Monday - 23/06/2025

## GF & LF Garlic Bread w/ Orange Wedges (AI) (Afternoon Tea) [Allergy]

Serving Size: 100 g



### Ingredients

Gluten Free Hot Dog Roll (Gluten Free Baking Blend (Corn Starch, Tapioca Starch, Cellulose Powder, Xanthan Gum, Potato Starch, Brown Sugar, Psyllium Husk, Baking Powder, Iodised Sea Salt, Buckwheat Flour, Flaxseed Flour, Spirulina), Vegetable Oil, Vinegar, Yeast.), Orange, Lactose Free Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet, Non Animal Lipase)), Cannellini Beans, Nuttelex, Olive Oil (Vegetable Oils (Olive Oil 14%), Water, Salt, Emulsifiers (471, Sunflower Lecithin), Natural Flavour, Vitamins A, D, E, Natural Colour (Beta Carotene).), Minced Garlic, Parsley.

### Allergy Information

Contains Milk.:

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	22.8 g
Dairy Free:	No	Sugar:	6.3 g
Lactose Free:	Yes	Sodium:	268 mg
Soy Free:	Yes	Fat (total):	8.5 g
Egg Free:	Yes	Fat (Sat):	3.0 g
Vegetarian:	Yes	Carbohydrates (per 100g):	22.8 g
Fish Free:	Yes	Sugar (per 100g)	6.3 g
Red Meat Free:	Yes	Sodium (per 100g):	268 mg
Tomato Free:	Yes	Fat (total, per 100g):	8.5 g
Sesame Free:	Yes	Fat (Sat, per 100g):	3.0 g
Energy:	794 kJ (190 Cal)	Energy (per 100g):	794 kJ (190 Cal)
Protein:	3.8 g	Protein (per 100g):	3.8 g

Tuesday - 24/06/2025

## Apple, Cheese, Corn Thins & Veggie Sticks (Morning Tea)

Serving Size: 100 g



### Ingredients

Apple, Cheese Slices ((Pasteurised **Milk**, Salt, Cultures, Enzyme (Rennet))), Multigrain Corn Thins (Maize (78%), Sorghum (7%), Brown Rice (7%), Buckwheat (5%), Millet (2%), Sunflower Oil, Sea Salt.), Capsicum, Carrot, Celery.

### Allergy Information

Contains Milk.:

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	16.7 g
Dairy Free:	No	Sugar:	7.8 g
Lactose Free:	No	Sodium:	153 mg
Soy Free:	Yes	Fat (total):	5.9 g
Egg Free:	Yes	Fat (Sat):	3.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	16.7 g
Fish Free:	Yes	Sugar (per 100g)	7.8 g
Red Meat Free:	Yes	Sodium (per 100g):	153 mg
Tomato Free:	Yes	Fat (total, per 100g):	5.9 g
Sesame Free:	Yes	Fat (Sat, per 100g):	3.7 g
Energy:	627 kJ (150 Cal)	Energy (per 100g):	627 kJ (150 Cal)
Protein:	5.6 g	Protein (per 100g):	5.6 g

Tuesday - 24/06/2025

## GF & LF Cheese & Crudites w/ Rice Crackers (AI) (Morning Tea) [Allergy]

Serving Size: 30 g



### Ingredients

Lactose Free Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet, Non Animal Lipase)), Organic Brown Rice Crackers (Jasmine Brown Rice (94%), Sunflower Oil, Natural Sea Salt), Capsicum, Celery.

### Allergy Information

Contains Milk.:

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	10.7 g
Dairy Free:	No	Sugar:	0.8 g
Lactose Free:	Yes	Sodium:	203 mg
Soy Free:	Yes	Fat (total):	6.4 g
Egg Free:	Yes	Fat (Sat):	3.6 g
Vegetarian:	Yes	Carbohydrates (per 100g):	35.7 g
Fish Free:	Yes	Sugar (per 100g)	2.6 g
Red Meat Free:	Yes	Sodium (per 100g):	678 mg
Tomato Free:	Yes	Fat (total, per 100g):	21.4 g
Sesame Free:	Yes	Fat (Sat, per 100g):	12.0 g
Energy:	518 kJ (124 Cal)	Energy (per 100g):	1730 kJ (412 Cal)
Protein:	5.3 g	Protein (per 100g):	17.7 g

Tuesday - 24/06/2025

## Apple, Sweet Potato Dip, Corn Thins & Veggies (AI) (Morning Tea) [Allergy]

Serving Size: 112 g



### Ingredients

Apple, Multigrain Corn Thins (Maize (78%), Sorghum (7%), Brown Rice (7%), Buckwheat (5%), Millet (2%), Sunflower Oil, Sea Salt.), Capsicum, Carrot, Chickpeas, Sweet Potato, Water, Celery, Lemon Juice, Olive Oil, Cumin, Garlic Powder, White Pepper.

### Allergy Information

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	19.2 g
Dairy Free:	Yes	Sugar:	8.2 g
Lactose Free:	Yes	Sodium:	58 mg
Soy Free:	Yes	Fat (total):	1.5 g
Egg Free:	Yes	Fat (Sat):	0.2 g
Vegetarian:	Yes	Carbohydrates (per 100g):	17.2 g
Fish Free:	Yes	Sugar (per 100g)	7.3 g
Red Meat Free:	Yes	Sodium (per 100g):	52 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.3 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.2 g
Energy:	456 kJ (109 Cal)	Energy (per 100g):	407 kJ (97 Cal)
Protein:	2.5 g	Protein (per 100g):	2.3 g



Tuesday - 24/06/2025

## Cheesy Vegetable Lasagne (Lunch)

Serving Size: 250 g



### Ingredients

Water, Tomato Passata (Tomato (99%), Citric Acid), Lasagne Sheet (Durum **Wheat** Semolina, Water), Pumpkin, Zucchini, Red Lentils, Mozzarella Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet)), Onion, Skim **Milk** Powder, Plain Flour (**Wheat**), Unsalted Butter (**Milk**) (Cream, Water), Capsicum, Carrot, Celery, Tomato Paste (Citric Acid), Minced Garlic, Olive Oil, White Pepper, Italian Mixed Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil).

### Allergy Information

Contains Gluten, Wheat, Milk.:May Contain Egg, Soy.

### Nutrition Info

Gluten Free:	No	Carbohydrates:	29.3 g
Dairy Free:	No	Sugar:	5.0 g
Lactose Free:	No	Sodium:	98 mg
Soy Free:	Yes	Fat (total):	10.6 g
Egg Free:	Yes	Fat (Sat):	5.9 g
Vegetarian:	Yes	Carbohydrates (per 100g):	11.7 g
Fish Free:	Yes	Sugar (per 100g)	2.0 g
Red Meat Free:	Yes	Sodium (per 100g):	39 mg
Tomato Free:	No	Fat (total, per 100g):	4.2 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.4 g
Energy:	1130 kJ (270 Cal)	Energy (per 100g):	452 kJ (108 Cal)
Protein:	12.0 g	Protein (per 100g):	4.8 g

Tuesday - 24/06/2025

## LF Cheesy Tomato & Spinach Risoni (AI) (Lunch) [Allergy]

Serving Size: 200 g



### Ingredients

Tomato Passata (Tomato (99%), Citric Acid), Risoni (Durum **Wheat** Semolina, Water), Water, Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Bay Leaves, Parsley, Peppercorns, Thyme), Onion, Baby Spinach, Lactose Free Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet, Non Animal Lipase)), Capsicum, Carrot, Zucchini, Cannellini Beans, Celery, Olive Oil, Potato Starch, Tomato Paste (Citric Acid), Minced Garlic, Italian Mixed Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil).

### Allergy Information

Contains Gluten, Wheat, Milk.:

### Nutrition Info

Gluten Free:	No	Carbohydrates:	22.4 g
Dairy Free:	No	Sugar:	6.7 g
Lactose Free:	Yes	Sodium:	134 mg
Soy Free:	Yes	Fat (total):	6.8 g
Egg Free:	Yes	Fat (Sat):	2.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	11.2 g
Fish Free:	Yes	Sugar (per 100g)	3.4 g
Red Meat Free:	Yes	Sodium (per 100g):	67 mg
Tomato Free:	No	Fat (total, per 100g):	3.4 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.4 g
Energy:	784 kJ (187 Cal)	Energy (per 100g):	392 kJ (94 Cal)
Protein:	7.4 g	Protein (per 100g):	3.7 g

Tuesday - 24/06/2025

## GF & DF Chicken & Pumpkin Risotto (AI) (Lunch) [Allergy]

Serving Size: 200 g



### Ingredients

Chicken Stock (Water, Chicken, Carrot, Onion, Celery, Herbs, Bay Leaves, Peppercorns), Chicken Thigh, Arborio Rice, Broccoli, Carrot, Onion, Pumpkin, Zucchini, Olive Oil, Minced Garlic, Ground Black Pepper.

### Allergy Information

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	22.2 g
Dairy Free:	Yes	Sugar:	2.9 g
Lactose Free:	Yes	Sodium:	101 mg
Soy Free:	Yes	Fat (total):	13.3 g
Egg Free:	Yes	Fat (Sat):	2.8 g
Vegetarian:	No	Carbohydrates (per 100g):	11.1 g
Fish Free:	Yes	Sugar (per 100g)	1.5 g
Red Meat Free:	Yes	Sodium (per 100g):	50 mg
Tomato Free:	Yes	Fat (total, per 100g):	6.7 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.4 g
Energy:	1150 kJ (275 Cal)	Energy (per 100g):	575 kJ (138 Cal)
Protein:	14.9 g	Protein (per 100g):	7.5 g

Tuesday - 24/06/2025

## GF & DF Banana Scone & Berry Spread (AI) (Afternoon Tea) [Allergy]

Serving Size: 70 g



### Ingredients

Gluten Free Self Raising Flour (Gluten Free Flours (Maize, Rice), Starch (Maize, Tapioca), Raising Agents (Sodium Pyrophosphate, Sodium Bicarbonate, Glucono Delta-lactone) Thickeners (Guar Gum, Xanthan Gum, Hydroxypropyl Methylcellulose, Sodium Carboxymethylcellulose)), Water, Frozen Blueberries, Olive Oil, Banana, Sultana (Sultanas, Vegetable Oil), Raw Sugar, Chia Seeds, Honey.

### Allergy Information

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	28.7 g
Dairy Free:	Yes	Sugar:	5.1 g
Lactose Free:	Yes	Sodium:	88 mg
Soy Free:	Yes	Fat (total):	7.0 g
Egg Free:	Yes	Fat (Sat):	1.1 g
Vegetarian:	Yes	Carbohydrates (per 100g):	41.0 g
Fish Free:	Yes	Sugar (per 100g)	7.3 g
Red Meat Free:	Yes	Sodium (per 100g):	126 mg
Tomato Free:	Yes	Fat (total, per 100g):	10.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.6 g
Energy:	777 kJ (186 Cal)	Energy (per 100g):	1110 kJ (265 Cal)
Protein:	1.1 g	Protein (per 100g):	1.5 g

Tuesday - 24/06/2025

## Sultana Scone w/ Chia Berry Fruit Spread (Afternoon Tea)

Serving Size: 70 g



### Ingredients

**Milk**, Plain Self Raising Flour (**Wheat** Flour, Raising Agent (339, 341, 450, 500)), Wholemeal **Wheat** Flour, Raising Agents (339, 341, 450, 500), Frozen Blueberries, Currants, Sultana (Sultanas, Vegetable Oil), Unsalted Butter (**Milk**) (Cream, Water), Honey, Chia Seeds, Natural Organic Vanilla Extract (Extract Of Organic Vanilla Beans (Water, Organic Alcohol Content 35% Vol.), Organic Sugar), Baking Powder (Rice Flour, Sodium Acid Pyrophosphate, Sodium Bicarbonate), Cinnamon.

### Allergy Information

Contains Gluten, Wheat, Milk.:

### Nutrition Info

Gluten Free:	No	Carbohydrates:	32.0 g
Dairy Free:	No	Sugar:	10.1 g
Lactose Free:	No	Sodium:	237 mg
Soy Free:	Yes	Fat (total):	5.0 g
Egg Free:	Yes	Fat (Sat):	2.8 g
Vegetarian:	Yes	Carbohydrates (per 100g):	45.7 g
Fish Free:	Yes	Sugar (per 100g)	14.4 g
Red Meat Free:	Yes	Sodium (per 100g):	339 mg
Tomato Free:	Yes	Fat (total, per 100g):	7.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	4.0 g
Energy:	831 kJ (199 Cal)	Energy (per 100g):	1190 kJ (284 Cal)
Protein:	4.6 g	Protein (per 100g):	6.5 g

## DF Banana Scone & Berry Spread (AI) (Afternoon Tea) [Allergy]

Serving Size: 70 g



### Ingredients

Rice Milk (Filtered Water, Rice Flour (10%), Canola Oil, Mineral Salts (Calcium Phosphate, Potassium Carbonate, Calcium Chloride), Sea Salt.), Plain Self Raising Flour (**Wheat** Flour, Raising Agent (339, 341, 450, 500)), Wholemeal **Wheat** Flour, Raising Agents (339, 341, 450, 500), Banana, Frozen Blueberries, Sultana (Sultanas, Vegetable Oil), Nuttalex, Olive Oil (Vegetable Oils (Olive Oil 14%), Water, Salt, Emulsifiers (471, Sunflower Lecithin), Natural Flavour, Vitamins A, D, E, Natural Colour (Beta Carotene.)), Chia Seeds, Honey, Natural Organic Vanilla Extract (Extract Of Organic Vanilla Beans (Water, Organic Alcohol Content 35% Vol.), Organic Sugar), Cinnamon.

### Allergy Information

Contains Gluten, Wheat.:

### Nutrition Info

Gluten Free:	No	Carbohydrates:	31.0 g
Dairy Free:	Yes	Sugar:	7.1 g
Lactose Free:	Yes	Sodium:	252 mg
Soy Free:	Yes	Fat (total):	4.0 g
Egg Free:	Yes	Fat (Sat):	0.9 g
Vegetarian:	Yes	Carbohydrates (per 100g):	44.3 g
Fish Free:	Yes	Sugar (per 100g)	10.1 g
Red Meat Free:	Yes	Sodium (per 100g):	360 mg
Tomato Free:	Yes	Fat (total, per 100g):	5.7 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.2 g
Energy:	775 kJ (185 Cal)	Energy (per 100g):	1110 kJ (265 Cal)
Protein:	4.1 g	Protein (per 100g):	5.9 g

Wednesday - 25/06/2025

## Tropical Fruit Platter w/ Organic Milk (Morning Tea)

Serving Size: 250 g



### Ingredients

Organic Full Cream **Milk**, Banana, Apple, Pineapple.

### Allergy Information

Contains Milk.:

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	29.2 g
Dairy Free:	No	Sugar:	22.9 g
Lactose Free:	No	Sodium:	38 mg
Soy Free:	Yes	Fat (total):	4.4 g
Egg Free:	Yes	Fat (Sat):	2.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	11.7 g
Fish Free:	Yes	Sugar (per 100g)	9.2 g
Red Meat Free:	Yes	Sodium (per 100g):	15 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.1 g
Energy:	792 kJ (189 Cal)	Energy (per 100g):	317 kJ (76 Cal)
Protein:	5.0 g	Protein (per 100g):	2.0 g

Wednesday - 25/06/2025

## Tropical Fruit Platter w/ LF Milk (Morning Tea) [Allergy]

Serving Size: 250 g



### Ingredients

Lactose Free **Milk** (Full Cream **Milk**, Enzyme (Lactase)), Banana, Apple, Pineapple.

### Allergy Information

Contains Milk.:

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	29.0 g
Dairy Free:	No	Sugar:	22.5 g
Lactose Free:	Yes	Sodium:	39 mg
Soy Free:	Yes	Fat (total):	2.6 g
Egg Free:	Yes	Fat (Sat):	1.5 g
Vegetarian:	Yes	Carbohydrates (per 100g):	11.6 g
Fish Free:	Yes	Sugar (per 100g)	9.0 g
Red Meat Free:	Yes	Sodium (per 100g):	16 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.6 g
Energy:	717 kJ (171 Cal)	Energy (per 100g):	287 kJ (69 Cal)
Protein:	4.8 g	Protein (per 100g):	1.9 g



## Tropical Fruit Platter w/ Rice Milk (Morning Tea) [Allergy]

Serving Size: 250 g



### Ingredients

Rice Milk (Filtered Water, Rice Flour (10%), Canola Oil, Mineral Salts (Calcium Phosphate, Potassium Carbonate, Calcium Chloride), Sea Salt.), Banana, Apple, Pineapple.

### Allergy Information

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	33.5 g
Dairy Free:	Yes	Sugar:	21.4 g
Lactose Free:	Yes	Sodium:	65 mg
Soy Free:	Yes	Fat (total):	1.7 g
Egg Free:	Yes	Fat (Sat):	less than 0.1 g
Vegetarian:	Yes	Carbohydrates (per 100g):	13.4 g
Fish Free:	Yes	Sugar (per 100g)	8.6 g
Red Meat Free:	Yes	Sodium (per 100g):	26 mg
Tomato Free:	Yes	Fat (total, per 100g):	0.7 g
Sesame Free:	Yes	Fat (Sat, per 100g):	less than 0.1 g
Energy:	713 kJ (170 Cal)	Energy (per 100g):	285 kJ (68 Cal)
Protein:	2.3 g	Protein (per 100g):	0.9 g

Wednesday - 25/06/2025

## Tropical Fruit Platter w/ Soy Milk (Morning Tea) [Allergy]

Serving Size: 250 g



### Ingredients

**Soy** Milk (Filtered Water, Organic Whole **Soy** Beans, Organic High Oleic Sunflower Oil, Plant Calcium, Sea Salt), Banana, Apple, Pineapple.

### Allergy Information

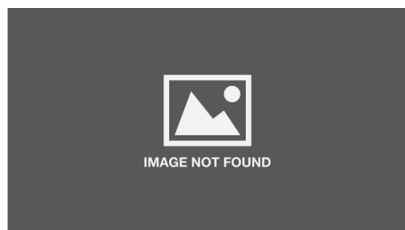
Contains Soy.:

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	25.7 g
Dairy Free:	Yes	Sugar:	18.7 g
Lactose Free:	Yes	Sodium:	16 mg
Soy Free:	No	Fat (total):	3.7 g
Egg Free:	Yes	Fat (Sat):	0.4 g
Vegetarian:	Yes	Carbohydrates (per 100g):	10.3 g
Fish Free:	Yes	Sugar (per 100g)	7.5 g
Red Meat Free:	Yes	Sodium (per 100g):	6 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.5 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.2 g
Energy:	694 kJ (166 Cal)	Energy (per 100g):	277 kJ (66 Cal)
Protein:	4.5 g	Protein (per 100g):	1.8 g

## Leek & Potato Soup w/ Wholemeal Dinner Roll (Lunch)

Serving Size: 235 g



### Ingredients

Chicken Stock (Water, Chicken, Carrot, Onion, Celery, Herbs, Bay Leaves, Peppercorns), Potato, Wholemeal Dinner Roll (Wholemeal Flour [Contains: **Wheat** Flour, Coarse Bran, Vitamins (Thiamine, Folic Acid)], Water, **Wheat** Gluten, Iodised Salt, Yeast [Vegetable Oil, Potato Starch], Improver [**Soya** Flour, Emulsifier (472), Interactive Dry Yeast, Flour Treatment Agent (300), Enzyme (Amylase)], Processing Aid [Canola Oil].), Cannellini Beans, Leek, Cream (**Milk**), Unsalted Butter (**Milk**) (Cream, Water), White Pepper.

### Allergy Information

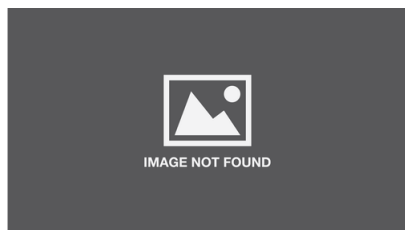
Contains Gluten, Wheat, Milk, Soy.:

### Nutrition Info

Gluten Free:	No	Carbohydrates:	35.7 g
Dairy Free:	No	Sugar:	3.5 g
Lactose Free:	No	Sodium:	371 mg
Soy Free:	No	Fat (total):	6.9 g
Egg Free:	Yes	Fat (Sat):	3.3 g
Vegetarian:	No	Carbohydrates (per 100g):	15.2 g
Fish Free:	Yes	Sugar (per 100g)	1.5 g
Red Meat Free:	Yes	Sodium (per 100g):	158 mg
Tomato Free:	Yes	Fat (total, per 100g):	2.9 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.4 g
Energy:	1130 kJ (270 Cal)	Energy (per 100g):	480 kJ (115 Cal)
Protein:	12.0 g	Protein (per 100g):	5.1 g

## Leek & Potato Soup & GF Dinner Roll (Al) (Lunch) [Allergy]

Serving Size: 235 g



### Ingredients

Chicken Stock (Water, Chicken, Carrot, Onion, Celery, Herbs, Bay Leaves, Peppercorns), Potato, Gluten Free Slider Bun (Gluten Free Baking Blend (Corn Starch, Tapioca Starch, Cellulose Powder, Xanthan Gum, Potato Starch, Brown Sugar, Psyllium Husk, Baking Powder, Iodised Sea Salt, Buckwheat Flour, Flax Seed Flour, Spirulina), Vegetable Oil, Vinegar, Yeast.), Cannellini Beans, Leek, Cream (**Milk**), Unsalted Butter (**Milk**) (Cream, Water), White Pepper.

### Allergy Information

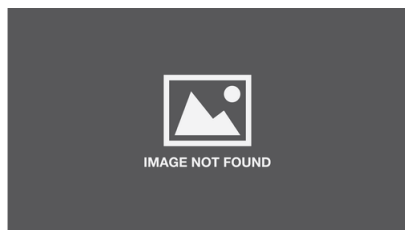
Contains Milk.:

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	36.2 g
Dairy Free:	No	Sugar:	4.8 g
Lactose Free:	No	Sodium:	323 mg
Soy Free:	No	Fat (total):	8.9 g
Egg Free:	Yes	Fat (Sat):	3.5 g
Vegetarian:	No	Carbohydrates (per 100g):	15.4 g
Fish Free:	Yes	Sugar (per 100g)	2.1 g
Red Meat Free:	Yes	Sodium (per 100g):	137 mg
Tomato Free:	Yes	Fat (total, per 100g):	3.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.5 g
Energy:	1150 kJ (276 Cal)	Energy (per 100g):	491 kJ (117 Cal)
Protein:	8.8 g	Protein (per 100g):	3.8 g

## Veggie Leek & Potato Soup w/ Dinner Roll (AI) (Lunch) [Allergy]

Serving Size: 235 g



### Ingredients

Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Bay Leaves, Parsley, Peppercorns, Thyme), Potato, Wholemeal Dinner Roll (Wholemeal Flour [Contains: **Wheat** Flour, Coarse Bran, Vitamins (Thiamine, Folic Acid)], Water, **Wheat** Gluten, Iodised Salt, Yeast [Vegetable Oil, Potato Starch], Improver [**Soya** Flour, Emulsifier (472), Interactive Dry Yeast, Flour Treatment Agent (300), Enzyme (Amylase)], Processing Aid [Canola Oil].), Leek, Cannellini Beans, Coconut Cream (Coconut Cream (74%), Water, Thickener (415)), Nuttelex, Olive Oil (Vegetable Oils (Olive Oil 14%), Water, Salt, Emulsifiers (471, Sunflower Lecithin), Natural Flavour, Vitamins A, D, E, Natural Colour (Beta Carotene).), White Pepper.

### Allergy Information

Contains Gluten, Wheat, Soy.:

### Nutrition Info

Gluten Free:	No	Carbohydrates:	41.3 g
Dairy Free:	Yes	Sugar:	15.3 g
Lactose Free:	Yes	Sodium:	284 mg
Soy Free:	No	Fat (total):	4.8 g
Egg Free:	Yes	Fat (Sat):	2.0 g
Vegetarian:	Yes	Carbohydrates (per 100g):	17.6 g
Fish Free:	Yes	Sugar (per 100g)	6.5 g
Red Meat Free:	Yes	Sodium (per 100g):	121 mg
Tomato Free:	Yes	Fat (total, per 100g):	2.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.8 g
Energy:	1050 kJ (252 Cal)	Energy (per 100g):	448 kJ (107 Cal)
Protein:	7.5 g	Protein (per 100g):	3.2 g

## Tropicana Chicken Pizza (Afternoon Tea)

Serving Size: 90 g



### Ingredients

Roast Chicken Breast, Plain Self Raising Flour (**Wheat** Flour, Raising Agent (339, 341, 450, 500)), Wholemeal Flour (**Wheat**), Water, Mozzarella Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet)), Pineapple, Tomato Crushed (Peeled Crushed Tomatoes (99%), Salt, Food Acid (330)), Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Bay Leaves, Parsley, Peppercorns, Thyme), Carrot, Onion, Zucchini, Olive Oil, Capsicum, Tomato Paste (Citric Acid), Raw Sugar, Yeast (Sorbitan Monostearate), Bread Improver (**Wheat**) (Bakers Flour, Enzyme (Amylase), **Soy** Flour, Ascorbic Acid), Minced Garlic, Balsamic Vinegar (Red Wine Vinegar, Concentrated Grape Must, Caramelised Sugar), Italian Mixed Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil), Ground Black Pepper.

### Allergy Information

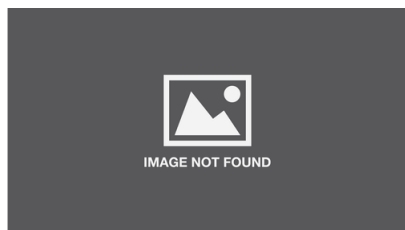
Contains Gluten, Wheat, Milk, Soy.:

### Nutrition Info

Gluten Free:	No	Carbohydrates:	20.0 g
Dairy Free:	No	Sugar:	2.5 g
Lactose Free:	No	Sodium:	163 mg
Soy Free:	No	Fat (total):	4.5 g
Egg Free:	Yes	Fat (Sat):	1.9 g
Vegetarian:	No	Carbohydrates (per 100g):	22.2 g
Fish Free:	Yes	Sugar (per 100g)	2.8 g
Red Meat Free:	Yes	Sodium (per 100g):	181 mg
Tomato Free:	No	Fat (total, per 100g):	5.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.1 g
Energy:	713 kJ (170 Cal)	Energy (per 100g):	792 kJ (189 Cal)

## LF Tropicana Chicken Pizza (AI) (Afternoon Tea) [Allergy]

Serving Size: 90 g



### Ingredients

Chicken Breast, Lactose Free Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet, Non Animal Lipase)), Pineapple, Plain Flour (**Wheat**), Wholemeal Flour (**Wheat**), Tomato Crushed (Peeled Crushed Tomatoes (99%), Salt, Food Acid (330)), Olive Oil, Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Bay Leaves, Parsley, Peppercorns, Thyme), Carrot, Onion, Zucchini, Capsicum, Tomato Paste (Citric Acid), Raw Sugar, Yeast (Sorbitan Monostearate), Bread Improver (**Wheat**) (Bakers Flour, Enzyme (Amylase), **Soy** Flour, Ascorbic Acid), Minced Garlic, Balsamic Vinegar (Red Wine Vinegar, Concentrated Grape Must, Caramelised Sugar), Italian Mixed Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil), Ground Black Pepper.

### Allergy Information

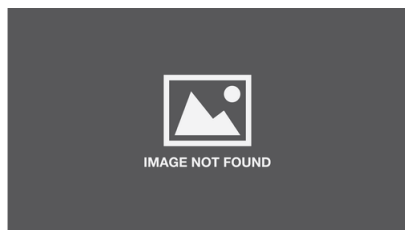
Contains Gluten, Wheat, Milk, Soy.:

### Nutrition Info

Gluten Free:	No	Carbohydrates:	23.4 g
Dairy Free:	No	Sugar:	3.3 g
Lactose Free:	Yes	Sodium:	151 mg
Soy Free:	No	Fat (total):	10.2 g
Egg Free:	Yes	Fat (Sat):	4.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	26.0 g
Fish Free:	Yes	Sugar (per 100g)	3.6 g
Red Meat Free:	Yes	Sodium (per 100g):	168 mg
Tomato Free:	Yes	Fat (total, per 100g):	11.3 g
Sesame Free:	Yes	Fat (Sat, per 100g):	5.2 g
Energy:	1030 kJ (246 Cal)	Energy (per 100g):	1140 kJ (274 Cal)
Protein:	13.6 g	Protein (per 100g):	15.1 g

## GF & DF Tropicana Chicken Pizza Pocket (AI) (Afternoon Tea) [Allergy]

Serving Size: 90 g



### Ingredients

Gluten Free Slider Bun (Gluten Free Baking Blend (Corn Starch, Tapioca Starch, Cellulose Powder, Xanthan Gum, Potato Starch, Brown Sugar, Psyllium Husk, Baking Powder, Iodised Sea Salt, Buckwheat Flour, Flax Seed Flour, Spirulina), Vegetable Oil, Vinegar, Yeast.), Chicken Breast, Pineapple, Plant Based Cheese (Water, Coconut Oil (29%), Modified Starch (1450, 1442, 1404), Potato Starch, Flavourings, Salt, Bamboo Fibre, Acid (270), Fructose, Gelling Agent (406), Colour (160a).), Tomato Crushed (Peeled Crushed Tomatoes (99%), Salt, Food Acid (330)), Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Bay Leaves, Parsley, Peppercorns, Thyme), Carrot, Onion, Zucchini, Capsicum, Tomato Paste (Citric Acid), Olive Oil, Minced Garlic, Balsamic Vinegar (Red Wine Vinegar, Concentrated Grape Must, Caramelised Sugar), Italian Mixed Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil), Ground Black Pepper.

### Allergy Information

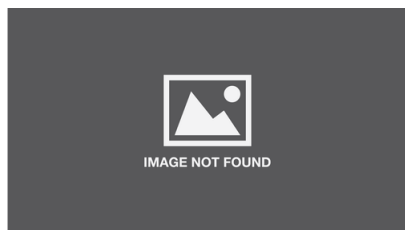
### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	21.0 g
Dairy Free:	Yes	Sugar:	4.6 g
Lactose Free:	Yes	Sodium:	236 mg
Soy Free:	Yes	Fat (total):	6.8 g
Egg Free:	Yes	Fat (Sat):	3.1 g
Vegetarian:	No	Carbohydrates (per 100g):	23.3 g
Fish Free:	Yes	Sugar (per 100g)	5.1 g
Red Meat Free:	Yes	Sodium (per 100g):	262 mg
Tomato Free:	No	Fat (total, per 100g):	7.5 g
Sesame Free:	Yes	Fat (Sat, per 100g):	3.4 g
Energy:	723 kJ (173 Cal)	Energy (per 100g):	803 kJ (192 Cal)
Protein:	5.7 g	Protein (per 100g):	6.3 g



## Tropicana Veggie Pizza (AI) (Afternoon Tea) [Allergy]

Serving Size: 90 g



### Ingredients

Cannellini Beans, Mozzarella Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet)), Pineapple, Plain Flour (**Wheat**), Wholemeal Flour (**Wheat**), Tomato Crushed (Peeled Crushed Tomatoes (99%), Salt, Food Acid (330)), Olive Oil, Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Bay Leaves, Parsley, Peppercorns, Thyme), Carrot, Onion, Zucchini, Capsicum, Tomato Paste (Citric Acid), Raw Sugar, Yeast (Sorbitan Monostearate), Bread Improver (**Wheat**) (Bakers Flour, Enzyme (Amylase), **Soy** Flour, Ascorbic Acid), Minced Garlic, Balsamic Vinegar (Red Wine Vinegar, Concentrated Grape Must, Caramelised Sugar), Italian Mixed Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil), Ground Black Pepper.

### Allergy Information

Contains Gluten, Wheat, Milk, Soy.:

### Nutrition Info

Gluten Free:	No	Carbohydrates:	25.4 g
Dairy Free:	No	Sugar:	3.5 g
Lactose Free:	No	Sodium:	154 mg
Soy Free:	No	Fat (total):	7.8 g
Egg Free:	Yes	Fat (Sat):	3.0 g
Vegetarian:	Yes	Carbohydrates (per 100g):	28.2 g
Fish Free:	Yes	Sugar (per 100g)	3.9 g
Red Meat Free:	Yes	Sodium (per 100g):	172 mg
Tomato Free:	No	Fat (total, per 100g):	8.6 g
Sesame Free:	Yes	Fat (Sat, per 100g):	3.4 g
Energy:	918 kJ (219 Cal)	Energy (per 100g):	1020 kJ (244 Cal)
Protein:	9.9 g	Protein (per 100g):	11.0 g

Thursday - 26/06/2025

## LF Cheddar Cheese & Multigrain Vita-Weats (AI) (Morning Tea) [Allergy]

Serving Size: 30 g



### Ingredients

Lactose Free Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet, Non Animal Lipase)), Vita Weat Crackers (**Barley**) (Wholegrain (45%)(Whole **Wheat** Flour, Oats), **Wheat** Flour, Vegetable Oil, Cornflour, Seeds (6%)(Linseed, Poppy, Canola, Sunflower Kernals), Sugar, Yeast, Salt, Emulsifier (**Soy** Lecithin)).

### Allergy Information

Contains Gluten, Wheat, Milk, Soy.:May Contain Egg, Peanut, Tree Nuts, Sesame.

### Nutrition Info

Gluten Free:	No	Carbohydrates:	9.2 g
Dairy Free:	No	Sugar:	0.7 g
Lactose Free:	Yes	Sodium:	175 mg
Soy Free:	No	Fat (total):	7.2 g
Egg Free:	Yes	Fat (Sat):	3.8 g
Vegetarian:	Yes	Carbohydrates (per 100g):	30.5 g
Fish Free:	Yes	Sugar (per 100g)	2.3 g
Red Meat Free:	Yes	Sodium (per 100g):	582 mg
Tomato Free:	Yes	Fat (total, per 100g):	24.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	12.5 g
Energy:	525 kJ (126 Cal)	Energy (per 100g):	1750 kJ (418 Cal)
Protein:	5.5 g	Protein (per 100g):	18.4 g

Thursday - 26/06/2025

## Vita-Weats w/ Cheddar Cheese & Crudites (Morning Tea)

Serving Size: 88 g



### Ingredients

Vita Weat **Sesame** & Poppy Seed (**Barley**) (Wholegrain (45%), [Whole-wheat Flour], **Wheat** Flour, Seeds (6%) [**Sesame**, Poppy], Vegetable Oil, Cornflour, Sugar, Yeast, Salt, Emulsifier (**Soy** Lecithin).), Cheese Slices ((Pasteurised **Milk**, Salt, Cultures, Enzyme (Rennet))), Capsicum, Carrot, Celery, Cucumber.

### Allergy Information

Contains Gluten, Wheat, Milk, Soy, Sesame.:May Contain Egg.

### Nutrition Info

Gluten Free:	No	Carbohydrates:	15.4 g
Dairy Free:	No	Sugar:	2.6 g
Lactose Free:	No	Sodium:	217 mg
Soy Free:	No	Fat (total):	8.0 g
Egg Free:	Yes	Fat (Sat):	4.1 g
Vegetarian:	Yes	Carbohydrates (per 100g):	17.5 g
Fish Free:	Yes	Sugar (per 100g)	3.0 g
Red Meat Free:	Yes	Sodium (per 100g):	246 mg
Tomato Free:	Yes	Fat (total, per 100g):	9.1 g
Sesame Free:	No	Fat (Sat, per 100g):	4.6 g
Energy:	686 kJ (164 Cal)	Energy (per 100g):	780 kJ (186 Cal)
Protein:	6.5 g	Protein (per 100g):	7.3 g

Thursday - 26/06/2025

## Hummus & Brown Rice Crackers (AI) (Morning Tea) [Allergy]

Serving Size: 50 g



### Ingredients

Chickpeas, Organic Brown Rice Crackers (Jasmine Brown Rice (94%), Sunflower Oil, Natural Sea Salt), Lemon Juice, Olive Oil, Garlic Powder, White Pepper.

### Allergy Information

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	15.7 g
Dairy Free:	Yes	Sugar:	0.2 g
Lactose Free:	Yes	Sodium:	142 mg
Soy Free:	Yes	Fat (total):	3.1 g
Egg Free:	Yes	Fat (Sat):	0.4 g
Vegetarian:	Yes	Carbohydrates (per 100g):	31.4 g
Fish Free:	Yes	Sugar (per 100g)	0.3 g
Red Meat Free:	Yes	Sodium (per 100g):	284 mg
Tomato Free:	Yes	Fat (total, per 100g):	6.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.9 g
Energy:	444 kJ (106 Cal)	Energy (per 100g):	888 kJ (212 Cal)
Protein:	3.4 g	Protein (per 100g):	6.8 g

Thursday - 26/06/2025

## Multigrain Vita-Weats w/ Cheese & Crudites (Morning Tea)

Serving Size: 88 g



### Ingredients

Vita Weat Crackers (**Barley**) (Wholegrain (45%)(Whole **Wheat** Flour, Oats), **Wheat** Flour, Vegetable Oil, Cornflour, Seeds (6%)(Linseed, Poppy, Canola, Sunflower Kernal), Sugar, Yeast, Salt, Emulsifier (**Soy** Lecithin)), Cheese Slices ((Pasteurised **Milk**, Salt, Cultures, Enzyme (Rennet))), Capsicum, Carrot, Celery, Cucumber.

### Allergy Information

Contains Gluten, Wheat, Milk, Soy.:May Contain Egg, Peanut, Tree Nuts, Sesame.

### Nutrition Info

Gluten Free:	No	Carbohydrates:	15.0 g
Dairy Free:	No	Sugar:	2.6 g
Lactose Free:	No	Sodium:	216 mg
Soy Free:	No	Fat (total):	8.3 g
Egg Free:	Yes	Fat (Sat):	4.1 g
Vegetarian:	Yes	Carbohydrates (per 100g):	17.0 g
Fish Free:	Yes	Sugar (per 100g)	3.0 g
Red Meat Free:	Yes	Sodium (per 100g):	246 mg
Tomato Free:	Yes	Fat (total, per 100g):	9.5 g
Sesame Free:	Yes	Fat (Sat, per 100g):	4.6 g
Energy:	692 kJ (165 Cal)	Energy (per 100g):	786 kJ (188 Cal)
Protein:	6.4 g	Protein (per 100g):	7.3 g

Thursday - 26/06/2025

## Chicken & Pineapple Curry w/ Brown Rice & Veggies (Lunch)

Serving Size: 220 g



### Ingredients

Brown Rice, Chicken Thigh, Chicken Stock (Water, Chicken, Carrot, Onion, Celery, Herbs, Bay Leaves, Peppercorns), Coconut Cream (Coconut Cream (74%), Water, Thickener (415)), Carrot, Cauliflower, Green Beans, Onion, Pineapple, Corn Kernal, Peas, Minced Garlic, Cumin, Ground Coriander, Cinnamon, Ground Turmeric, Paprika, Potato Starch, White Pepper, Olive Oil.

### Allergy Information

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	37.8 g
Dairy Free:	Yes	Sugar:	5.7 g
Lactose Free:	Yes	Sodium:	73 mg
Soy Free:	Yes	Fat (total):	9.7 g
Egg Free:	Yes	Fat (Sat):	4.3 g
Vegetarian:	No	Carbohydrates (per 100g):	17.2 g
Fish Free:	Yes	Sugar (per 100g)	2.6 g
Red Meat Free:	Yes	Sodium (per 100g):	33 mg
Tomato Free:	Yes	Fat (total, per 100g):	4.4 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.0 g
Energy:	1330 kJ (317 Cal)	Energy (per 100g):	603 kJ (144 Cal)
Protein:	14.7 g	Protein (per 100g):	6.7 g

Thursday - 26/06/2025

## GF & DF Vegetable Curry, Brown Rice & Veggies (AI) (Lunch) [Allergy]

Serving Size: 220 g



### Ingredients

Brown Rice, Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Bay Leaves, Parsley, Peppercorns, Thyme), Cauliflower, Pumpkin, Carrot, Chickpeas, Coconut Cream (Coconut Cream (74%), Water, Thickener (415)), Peas, Onion, Zucchini, Broccoli, Sultana (Sultanas, Vegetable Oil), Olive Oil, Minced Garlic, White Pepper, Curry Powder (Fennel, Garlic, Ginger, Turmeric, Coriander, Fenugreek, Cumin, Salt, Chilli, Pepper).

### Allergy Information

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	40.9 g
Dairy Free:	Yes	Sugar:	10.7 g
Lactose Free:	Yes	Sodium:	66 mg
Soy Free:	Yes	Fat (total):	8.2 g
Egg Free:	Yes	Fat (Sat):	4.5 g
Vegetarian:	Yes	Carbohydrates (per 100g):	18.6 g
Fish Free:	Yes	Sugar (per 100g)	4.9 g
Red Meat Free:	Yes	Sodium (per 100g):	30 mg
Tomato Free:	Yes	Fat (total, per 100g):	3.7 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.0 g
Energy:	1160 kJ (277 Cal)	Energy (per 100g):	527 kJ (126 Cal)
Protein:	7.1 g	Protein (per 100g):	3.2 g

Thursday - 26/06/2025

## Peach & Pear w/ Organic Yoghurt (Afternoon Tea)

Serving Size: 150 g



### Ingredients

Organic All Natural Yoghurt (Certified Organic Unhomogenised **Milk**, Organic **Milk** Solids, Live Cultures), Two Fruit (Fruits (55%) (Peach, Pear), Reconstituted Refined Juice (Water, Concentrated Pear Juice, Antioxidant (Ascorbic Acid), Acidity Regulator (Citric Acid))).

### Allergy Information

Contains Milk.:

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	16.0 g
Dairy Free:	No	Sugar:	14.1 g
Lactose Free:	No	Sodium:	47 mg
Soy Free:	Yes	Fat (total):	2.6 g
Egg Free:	Yes	Fat (Sat):	1.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	10.7 g
Fish Free:	Yes	Sugar (per 100g)	9.4 g
Red Meat Free:	Yes	Sodium (per 100g):	31 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.7 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.2 g
Energy:	437 kJ (105 Cal)	Energy (per 100g):	292 kJ (70 Cal)
Protein:	3.8 g	Protein (per 100g):	2.6 g



Thursday - 26/06/2025

## Peach & Pear w/ Coconut Yoghurt (AI) (Afternoon Tea) [Allergy]

Serving Size: 175 g



### Ingredients

Coconut Yoghurt (Coconut Yoghurt (Water, Coconut Milk, Native Starch, Tapioca Syrup, Carob Bean Extract, Agar, Yoghurt Cultures And Probiotics). Yoghurt Cultures & Probiotics (Vegan): Bifidobacterium, L. Acidophilus, L. Bulgaricus, L. Paracasei, S. Thermophilus), Two Fruit (Fruits (55%) (Peach, Pear), Reconstituted Refined Juice (Water, Concentrated Pear Juice, Antioxidant (Ascorbic Acid), Acidity Regulator (Citric Acid))).

### Allergy Information

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	10.8 g
Dairy Free:	Yes	Sugar:	5.5 g
Lactose Free:	Yes	Sodium:	4 mg
Soy Free:	Yes	Fat (total):	5.1 g
Egg Free:	Yes	Fat (Sat):	4.8 g
Vegetarian:	Yes	Carbohydrates (per 100g):	6.2 g
Fish Free:	Yes	Sugar (per 100g)	3.2 g
Red Meat Free:	Yes	Sodium (per 100g):	2 mg
Tomato Free:	Yes	Fat (total, per 100g):	2.9 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.8 g
Energy:	388 kJ (93 Cal)	Energy (per 100g):	222 kJ (53 Cal)
Protein:	0.8 g	Protein (per 100g):	0.4 g

Thursday - 26/06/2025

## Peach & Pear w/ LF Yoghurt (AI) (Afternoon Tea) [Allergy]

Serving Size: 175 g



### Ingredients

Lactose Free Yoghurt (Certified Organic Unhomogenised **Milk**, Certified Organic Non-fat **Milk** Solids, Lactase Enzyme, Cultures), Two Fruit (Fruits (55%) (Peach, Pear), Reconstituted Refined Juice (Water, Concentrated Pear Juice, Antioxidant (Ascorbic Acid), Acidity Regulator (Citric Acid))).

### Allergy Information

Contains Milk.:

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	12.7 g
Dairy Free:	No	Sugar:	11.6 g
Lactose Free:	Yes	Sodium:	21 mg
Soy Free:	Yes	Fat (total):	2.2 g
Egg Free:	Yes	Fat (Sat):	1.5 g
Vegetarian:	Yes	Carbohydrates (per 100g):	7.2 g
Fish Free:	Yes	Sugar (per 100g)	6.6 g
Red Meat Free:	Yes	Sodium (per 100g):	12 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.2 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.9 g
Energy:	358 kJ (86 Cal)	Energy (per 100g):	204 kJ (49 Cal)
Protein:	3.4 g	Protein (per 100g):	2.0 g

Thursday - 26/06/2025

## Blueberry Crumble w/ Organic Yoghurt (Afternoon Tea)

Serving Size: 175 g



### Ingredients

Organic All Natural Yoghurt (Certified Organic Unhomogenised **Milk**, Organic **Milk** Solids, Live Cultures), Diced Apple (Apple, Acidity Regulator (Citric Acid), Calcium Lactate), Diced Pear (Diced Pears (62% Min), Refined Fruit Juice.), Frozen Blueberries, Wholemeal Flour (**Wheat**), Rolled **Oats**, Unsalted Butter (**Milk**) (Cream, Water), Maize Cornflour (Gluten Free), Sultana (Sultanas, Vegetable Oil), Natural Organic Vanilla Extract (Extract Of Organic Vanilla Beans (Water, Organic Alcohol Content 35% Vol.), Organic Sugar), Organic Desiccated Coconut, Raw Sugar.

### Allergy Information

Contains Gluten, Wheat, Milk.:

### Nutrition Info

Gluten Free:	No	Carbohydrates:	25.0 g
Dairy Free:	No	Sugar:	17.3 g
Lactose Free:	No	Sodium:	50 mg
Soy Free:	Yes	Fat (total):	5.8 g
Egg Free:	Yes	Fat (Sat):	3.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	14.3 g
Fish Free:	Yes	Sugar (per 100g)	9.9 g
Red Meat Free:	Yes	Sodium (per 100g):	28 mg
Tomato Free:	Yes	Fat (total, per 100g):	3.3 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.1 g
Energy:	747 kJ (179 Cal)	Energy (per 100g):	427 kJ (102 Cal)
Protein:	5.0 g	Protein (per 100g):	2.8 g

Friday - 27/06/2025

## Organic Milk w/ Banana & Apple (Morning Tea)

Serving Size: 200 g



### Ingredients

Full Cream **Milk**, Apple, Banana.

### Allergy Information

Contains Milk.:

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	21.6 g
Dairy Free:	No	Sugar:	17.9 g
Lactose Free:	No	Sodium:	38 mg
Soy Free:	Yes	Fat (total):	4.2 g
Egg Free:	Yes	Fat (Sat):	2.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	10.8 g
Fish Free:	Yes	Sugar (per 100g)	9.0 g
Red Meat Free:	Yes	Sodium (per 100g):	19 mg
Tomato Free:	Yes	Fat (total, per 100g):	2.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.4 g
Energy:	629 kJ (150 Cal)	Energy (per 100g):	315 kJ (75 Cal)
Protein:	4.3 g	Protein (per 100g):	2.2 g

Friday - 27/06/2025

## Organic Rice Milk w/ Banana & Apple (Morning Tea) [Allergy]

Serving Size: 240 g



### Ingredients

Rice Milk (Filtered Water, Rice Flour (10%), Canola Oil, Mineral Salts (Calcium Phosphate, Potassium Carbonate, Calcium Chloride), Sea Salt.), Banana, Apple.

### Allergy Information

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	33.7 g
Dairy Free:	Yes	Sugar:	21.5 g
Lactose Free:	Yes	Sodium:	64 mg
Soy Free:	Yes	Fat (total):	1.6 g
Egg Free:	Yes	Fat (Sat):	less than 0.1 g
Vegetarian:	Yes	Carbohydrates (per 100g):	14.1 g
Fish Free:	Yes	Sugar (per 100g)	9.0 g
Red Meat Free:	Yes	Sodium (per 100g):	27 mg
Tomato Free:	Yes	Fat (total, per 100g):	0.7 g
Sesame Free:	Yes	Fat (Sat, per 100g):	less than 0.1 g
Energy:	709 kJ (169 Cal)	Energy (per 100g):	295 kJ (71 Cal)
Protein:	2.2 g	Protein (per 100g):	0.9 g

Friday - 27/06/2025

## Organic Soy Milk w/ Banana & Apple (Morning Tea) [Allergy]

Serving Size: 240 g



### Ingredients

**Soy** Milk (Filtered Water, Organic Whole **Soy** Beans, Organic High Oleic Sunflower Oil, Plant Calcium, Sea Salt), Banana, Apple.

### Allergy Information

Contains Soy.:

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	25.9 g
Dairy Free:	Yes	Sugar:	18.8 g
Lactose Free:	Yes	Sodium:	16 mg
Soy Free:	No	Fat (total):	3.7 g
Egg Free:	Yes	Fat (Sat):	0.4 g
Vegetarian:	Yes	Carbohydrates (per 100g):	10.8 g
Fish Free:	Yes	Sugar (per 100g)	7.8 g
Red Meat Free:	Yes	Sodium (per 100g):	6 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.5 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.2 g
Energy:	690 kJ (165 Cal)	Energy (per 100g):	288 kJ (69 Cal)
Protein:	4.4 g	Protein (per 100g):	1.8 g

Friday - 27/06/2025

## LF Milk w/ Banana & Apple (Morning Tea) [Allergy]

Serving Size: 240 g



### Ingredients

Lactose Free **Milk** (Full Cream **Milk**, Enzyme (Lactase)), Banana, Apple.

### Allergy Information

Contains Milk.:

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	29.2 g
Dairy Free:	No	Sugar:	22.7 g
Lactose Free:	Yes	Sodium:	38 mg
Soy Free:	Yes	Fat (total):	2.6 g
Egg Free:	Yes	Fat (Sat):	1.5 g
Vegetarian:	Yes	Carbohydrates (per 100g):	12.2 g
Fish Free:	Yes	Sugar (per 100g)	9.4 g
Red Meat Free:	Yes	Sodium (per 100g):	16 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.6 g
Energy:	713 kJ (170 Cal)	Energy (per 100g):	297 kJ (71 Cal)
Protein:	4.6 g	Protein (per 100g):	1.9 g

Friday - 27/06/2025

## Aussie Beef Burger w/ Beetroot (Lunch)

Serving Size: 200 g



### Ingredients

Wholemeal Lunch Roll (Unbleached Wholemeal **Wheat** Flour (58%), Water, Baker's Yeast, **Wheat** Gluten, Vinegar, Canola Oil, Iodised Salt, **Soy** Flour, Sugar, Emulsifiers (481,471, 472(E)), Vitamins (Thiamin, Folic Acid)), Beef Mince, Beetroot, Iceberg Lettuce, Tomato, Bread Crumbs (Unbleached Wholegrain **Wheat** Flour (50%), Water, Whole & Kibbled Grains (13%) (**Wheat**, Triticale, Linseed, Sunflower, **Rye, Barley, Soy**), Baker's Yeast, **Wheat** Gluten, Vinegar, Iodised Salt, Canola Oil, Vegetable Emulsifiers (481,471,472 (E)), **Soy** Flour, Vitamins (Thiamin, Folic Acid).), Carrot, Onion, Zucchini, Paprika, Egg Replacer (Rice Flour, Potato Starch, Tapioca Starch, Corn Starch, Baking Powder, Vegetable Emulsifier (Mono Diglycerides), Chia Seeds, Flaxseed Flour, Psyllium Husk, Citric Acid.), Garlic Powder, Ground Black Pepper, Mixed Herbs (Rosemary, Oregano, Bay Leaves).

### Allergy Information

Contains Gluten, Wheat, Soy.:May Contain Egg, Milk, Sesame.

### Nutrition Info

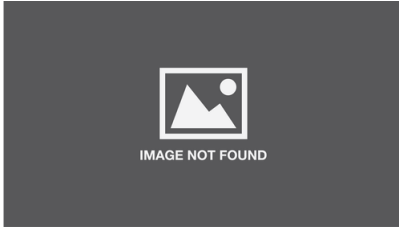
Gluten Free:	No	Carbohydrates:	41.8 g
Dairy Free:	Yes	Sugar:	5.3 g
Lactose Free:	Yes	Sodium:	463 mg
Soy Free:	No	Fat (total):	7.7 g
Egg Free:	Yes	Fat (Sat):	2.2 g
Vegetarian:	No	Carbohydrates (per 100g):	20.9 g
Fish Free:	Yes	Sugar (per 100g)	2.7 g
Red Meat Free:	No	Sodium (per 100g):	231 mg
Tomato Free:	No	Fat (total, per 100g):	3.9 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.1 g
Energy:	1430 kJ (341 Cal)	Energy (per 100g):	713 kJ (170 Cal)
Protein:	20.3 g	Protein (per 100g):	10.2 g



Friday - 27/06/2025

## GF & DF Beef Burger Pattie (AI) (Lunch) [Allergy]

Serving Size: 80 g



### Ingredients

Beef Mince, Carrot, Gluten Free Crispi Bread Crumbs (Rice Flour, Maize Flour, Chickpea Flour, Rice Bran, Dextrose, Salt, Emulsifier (Diglyceride Of Vegetables)), Onion, Zucchini, Egg Replacer (Rice Flour, Potato Starch, Tapioca Starch, Corn Starch, Baking Powder, Vegetable Emulsifier (Mono Diglycerides), Chia Seeds, Flaxseed Flour, Psyllium Husk, Citric Acid.), Paprika, Garlic Powder, Mixed Herbs (Rosemary, Oregano, Bay Leaves), Ground Black Pepper.

### Allergy Information

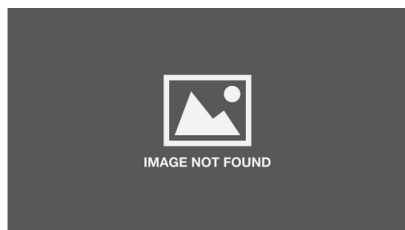
### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	14.6 g
Dairy Free:	Yes	Sugar:	2.1 g
Lactose Free:	Yes	Sodium:	118 mg
Soy Free:	Yes	Fat (total):	4.9 g
Egg Free:	Yes	Fat (Sat):	1.8 g
Vegetarian:	No	Carbohydrates (per 100g):	18.2 g
Fish Free:	Yes	Sugar (per 100g)	2.6 g
Red Meat Free:	No	Sodium (per 100g):	147 mg
Tomato Free:	Yes	Fat (total, per 100g):	6.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.2 g
Energy:	658 kJ (157 Cal)	Energy (per 100g):	822 kJ (197 Cal)
Protein:	12.6 g	Protein (per 100g):	15.7 g

Friday - 27/06/2025

## GF & DF Veggie Burger Pattie (AI) (Lunch) [Allergy]

Serving Size: 80 g



### Ingredients

Sweet Potato, Gluten Free Breadcrumbs (Rice Flour, Maize Flour, Chickpea Flour, Rice Bran, Dextrose, Salt, Emulsifier From Vegetable (471)), Black Beans, Broccoli, Carrot, Onion, Capsicum, Garlic Powder, Olive Oil, Potato Starch, Cumin, Egg Replacer (Rice Flour, Potato Starch, Tapioca Starch, Corn Starch, Baking Powder, Vegetable Emulsifier (Mono Diglycerides), Chia Seeds, Flaxseed Flour, Psyllium Husk, Citric Acid.).

### Allergy Information

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	20.3 g
Dairy Free:	Yes	Sugar:	3.0 g
Lactose Free:	Yes	Sodium:	91 mg
Soy Free:	Yes	Fat (total):	5.3 g
Egg Free:	Yes	Fat (Sat):	0.9 g
Vegetarian:	Yes	Carbohydrates (per 100g):	25.4 g
Fish Free:	Yes	Sugar (per 100g)	3.7 g
Red Meat Free:	Yes	Sodium (per 100g):	114 mg
Tomato Free:	Yes	Fat (total, per 100g):	6.7 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.1 g
Energy:	638 kJ (153 Cal)	Energy (per 100g):	798 kJ (191 Cal)
Protein:	3.9 g	Protein (per 100g):	4.9 g

Friday - 27/06/2025

## Aussie Beef Burger (Tomato Free) (Lunch) [Allergy]

Serving Size: 190 g



### Ingredients

Wholemeal Lunch Roll (Unbleached Wholemeal **Wheat** Flour (58%), Water, Baker's Yeast, **Wheat** Gluten, Vinegar, Canola Oil, Iodised Salt, **Soy** Flour, Sugar, Emulsifiers (481,471, 472(E)), Vitamins (Thiamin, Folic Acid)), Beef Mince, Beetroot, Iceberg Lettuce, Bread Crumbs (Unbleached Wholegrain **Wheat** Flour (50%), Water, Whole & Kibbled Grains (13%) (**Wheat**, Triticale, Linseed, Sunflower, **Rye, Barley, Soy**), Baker's Yeast, **Wheat** Gluten, Vinegar, Iodised Salt, Canola Oil, Vegetable Emulsifiers (481,471,472 (E)), **Soy** Flour, Vitamins (Thiamin, Folic Acid).), Carrot, Onion, Zucchini, Paprika, Egg Replacer (Rice Flour, Potato Starch, Tapioca Starch, Corn Starch, Baking Powder, Vegetable Emulsifier (Mono Diglycerides), Chia Seeds, Flaxseed Flour, Psyllium Husk, Citric Acid.), Garlic Powder, Ground Black Pepper, Mixed Herbs (Rosemary, Oregano, Bay Leaves).

### Allergy Information

Contains Gluten, Wheat, Soy.:May Contain Egg, Milk, Sesame.

### Nutrition Info

Gluten Free:	No	Carbohydrates:	41.5 g
Dairy Free:	Yes	Sugar:	5.1 g
Lactose Free:	Yes	Sodium:	463 mg
Soy Free:	No	Fat (total):	7.7 g
Egg Free:	Yes	Fat (Sat):	2.2 g
Vegetarian:	No	Carbohydrates (per 100g):	21.8 g
Fish Free:	Yes	Sugar (per 100g)	2.7 g
Red Meat Free:	No	Sodium (per 100g):	243 mg
Tomato Free:	Yes	Fat (total, per 100g):	4.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.1 g
Energy:	1420 kJ (339 Cal)	Energy (per 100g):	747 kJ (178 Cal)
Protein:	20.2 g	Protein (per 100g):	10.7 g

Friday - 27/06/2025

## Tuna & Chive Dip w/ Brown Rice Crackers (Afternoon Tea)

Serving Size: 38 g



### Ingredients

Cream Cheese (**Milk**, Cream, Salt, Stabiliser (410,412), Starter Culture.), Organic Brown Rice Crackers (Jasmine Brown Rice (94%), Sunflower Oil, Natural Sea Salt), Tuna (**Fish**) (Skipjack, Light Meat Tuna (92%), Springwater, Salt), **Milk**, Chives, White Pepper.

### Allergy Information

Contains Fish, Milk.:

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	9.8 g
Dairy Free:	No	Sugar:	0.7 g
Lactose Free:	No	Sodium:	143 mg
Soy Free:	Yes	Fat (total):	5.9 g
Egg Free:	Yes	Fat (Sat):	3.6 g
Vegetarian:	No	Carbohydrates (per 100g):	25.9 g
Fish Free:	No	Sugar (per 100g)	1.9 g
Red Meat Free:	Yes	Sodium (per 100g):	380 mg
Tomato Free:	Yes	Fat (total, per 100g):	15.6 g
Sesame Free:	Yes	Fat (Sat, per 100g):	9.5 g
Energy:	463 kJ (111 Cal)	Energy (per 100g):	1230 kJ (293 Cal)
Protein:	4.2 g	Protein (per 100g):	11.2 g

Friday - 27/06/2025

## Tomato & Cheese Dip w/ Brown Rice Crackers (Afternoon Tea)

Serving Size: 38 g



### Ingredients

Organic Brown Rice Crackers (Jasmine Brown Rice (94%), Sunflower Oil, Natural Sea Salt), Cream Cheese (**Milk**, Cream, Salt, Stabiliser (410,412), Starter Culture.), Semi Dried Tomato (Semi Dried Tomatoes (55%), Canola Oil, Mixed Herbs, Garlic, Salt, E262), Mixed Herbs (Rosemary, Oregano, Bay Leaves), Onion, Olive Oil.

### Allergy Information

Contains Milk.:

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	12.1 g
Dairy Free:	No	Sugar:	2.7 g
Lactose Free:	No	Sodium:	166 mg
Soy Free:	Yes	Fat (total):	7.5 g
Egg Free:	Yes	Fat (Sat):	4.2 g
Vegetarian:	Yes	Carbohydrates (per 100g):	32.2 g
Fish Free:	Yes	Sugar (per 100g)	7.3 g
Red Meat Free:	Yes	Sodium (per 100g):	440 mg
Tomato Free:	No	Fat (total, per 100g):	20.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	11.1 g
Energy:	560 kJ (134 Cal)	Energy (per 100g):	1490 kJ (355 Cal)
Protein:	3.1 g	Protein (per 100g):	8.3 g

Friday - 27/06/2025

## GF & DF Tuna & Tomato Dip W/ Rice Crackers (AI) (Afternoon Tea) [Allergy]

Serving Size: 50 g



### Ingredients

Organic Brown Rice Crackers (Jasmine Brown Rice (94%), Sunflower Oil, Natural Sea Salt), Cannellini Beans, Semi Dried Tomato (Semi Dried Tomatoes (55%), Canola Oil, Mixed Herbs, Garlic, Salt, E262), Tuna (**Fish**) (Skipjack, Light Meat Tuna (92%), Springwater, Salt), Lemon Juice, Olive Oil, White Pepper.

### Allergy Information

Contains Fish.:

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	14.0 g
Dairy Free:	Yes	Sugar:	1.9 g
Lactose Free:	Yes	Sodium:	204 mg
Soy Free:	Yes	Fat (total):	2.8 g
Egg Free:	Yes	Fat (Sat):	0.4 g
Vegetarian:	No	Carbohydrates (per 100g):	28.0 g
Fish Free:	No	Sugar (per 100g)	3.9 g
Red Meat Free:	Yes	Sodium (per 100g):	408 mg
Tomato Free:	No	Fat (total, per 100g):	5.6 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.8 g
Energy:	436 kJ (104 Cal)	Energy (per 100g):	872 kJ (208 Cal)
Protein:	4.9 g	Protein (per 100g):	9.8 g

Friday - 27/06/2025

## Pumpkin Hummus W/ Brown Rice Crackers (AI) (Afternoon Tea) [Allergy]

Serving Size: 50 g



### Ingredients

Chickpeas, Organic Brown Rice Crackers (Jasmine Brown Rice (94%), Sunflower Oil, Natural Sea Salt), Pumpkin, Roasted, Lemon Juice, Olive Oil, Cumin, Garlic Powder, White Pepper.

### Allergy Information

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	14.4 g
Dairy Free:	Yes	Sugar:	0.8 g
Lactose Free:	Yes	Sodium:	118 mg
Soy Free:	Yes	Fat (total):	3.8 g
Egg Free:	Yes	Fat (Sat):	0.6 g
Vegetarian:	Yes	Carbohydrates (per 100g):	28.8 g
Fish Free:	Yes	Sugar (per 100g)	1.7 g
Red Meat Free:	Yes	Sodium (per 100g):	236 mg
Tomato Free:	Yes	Fat (total, per 100g):	7.6 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.1 g
Energy:	443 kJ (106 Cal)	Energy (per 100g):	885 kJ (212 Cal)
Protein:	2.9 g	Protein (per 100g):	5.7 g